

## SPECIAL TOPICS OF INTEREST

- Mentoring Helps Youth and Families in Many Ways
- Drug and Violence Awareness Should Be Priority #1 in Every Family
- Support Mentoring in your community by volunteering one year of your time
- Support ENS mentoring activities in Northern Virginia Communities

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## 8 Session Prevention Workshop— Help Area Youth

ENS Youth Mentoring Partnership hosted a community-wide Drug and Violence Awareness workshop as its summer program. This workshop responded to the needs assessment in the county's Strategic Plan which identified drugs, violence and gangs as a hot bed of activity in our region. Many of our parent agree.

**Officer Brown says, "there is never enough awareness training for youth and parents on drugs and violence".**

The 8 session workshop focused on educating and reinforcing



ing understandings that will ultimately reduce drug abuse and violence among youth. The workshop was accented with social activities that include Bowling, and the Wax Museum. Mr. Robert MacRay Brown, the facilitator, is a police officer with the Alexandria, Police Department and local residence. Mac Ray is known for his frankness and lively discussion with youth.

The topics covered include drug use and abuse, drug affects and laws, drug and gang violence, consequences, assertive resistance, the importance of positive friendships, tagging, graffiti and vandalism and the pressures of gangs and gang violence. The sessions taught the kids techniques to resist the pressures and negative influences they face from peers and help them in making better personal choices. Drug and violence awareness should be every parents' number #1 concern. Today's youth are constantly exposed to drugs and violence earlier and earlier. Constant awareness and intervention are paramount in combating this problem.

## Legislators Encourage Youth - Legislative Day

Senator Charles Colgan, District 29, met with ENS youth and staff (field trip) in a show of support for the ENS Youth Mentoring Partnership. This program is for the underserved youth in Prince William County and Northern Virginia Communities. Senator Colgan is a strong supporter of primary prevention. A question was proposed to the Senator as to "why he supports a program of this nature". He responded, "the program just makes good sense, i.e., getting at youth started on the right path pays off both financially and in human life". The senator continued with "it's cheaper to keep them

**Colgan Says, "you either pay now or pay later. That is why I support prevention and youth mentoring in general."**

out of trouble than to pay for them when they are in trouble. We can build better facilities for our youth or bigger jails for our men." Senator Colgan believes that encouraging children to get a good education and stay in school will keep them out of jail. The Senator has been a youth advocate for education and youth programs for years, and remains one of the most respected legislators in the State of Virginia. He desires to see programs such as ENS Youth Mentoring Partnership become a standard for supporting schools in helping youth become all they can be.

continued with "it's cheaper to keep them out of trouble than to pay for them when they are in trouble. We can build better facilities for our youth or bigger jails for our men." Senator Colgan believes that encouraging children to get a good education and stay in school will keep them out of



**Senator Charles Colgan greets & opened his office to local youth on Legislative Day**

*An investment in our youth is an investment in a better tomorrow.*

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**Thanks for your support and encouragement from many including**

**State Officials**

- Senator Charles Colgan
- Delegate Jeff Frederick
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# From the Desk of the CEO



## *A Common Sense Look At Primary Prevention*

Primary prevention is a strategy or methodology to intervene in the lives of youth who need it in a way that mitigates or mediate expected adverse or destructive behavior before it happens (e.g., dropping out of school or juvenile detention). Many youth just need a little time, attention and structure. Traditional intervention strategies takes a more silent approach and do not take notice until adverse behaviors have been witnessed or is criminalized in the juvenile detention or penal system. Both approaches have their place in our society, however primary prevention have not gotten the attention it needs given its value and benefits.

*Primary Prevention makes common sense to our parents who need help. It should make common sense to all of us ...*

Many smart folks argue that it is difficult to measure prevention, because it measures behaviors which have not occurred. The evidence is obvious and overwhelming in simplicity from many sources. Just ask any parent who needs help. However, many social thinkers tend to over analyze the problem to a point of no clear solution leaving the practical minded perplexed. Today we know much about what works in prevention. We know that two parents are better than one. We know that an absent parent affects children. We know that divorce affects children. We know that

*America's strength depends on our training tomorrow's leaders.. Let make America even stronger!*

two parents can provide more balanced time and care in nurturing a child. The statistics on the affects prevention are overwhelming. The truth is, prevention seeks through mentoring, to assist those who need help by providing a net of support. A mature and committed adult would be there to provide wisdom in support of the youth in their critical growing and developing years. A litany of research has shown that the common denominator—in facilitating healthy growth and development in youth—is a committed trusting relationship of a caring adult who purposefully connects the youth to the richness of the community.

We must keep it simple. Mature adults assisting is all essential less we give the problems to fate. We must remember that healthy families builds a healthy neighborhoods, healthy neighborhoods builds a healthy communities, and healthy communities build a healthy nation. Can we do this... the answer is yes!

To operate otherwise will simply be the application of the traditional modality which is far from optimal. Primary prevention's time has come. A community model will be worth learning from this.

## ENS Joins the Community Builders Network of Virginia

ENS has become a member of CBN. CBN is an affiliate of the Virginian Association of Community Service Boards. VACSB and CBN are advocates for prevention services for youth and their families. Mr. Freddie Simons, the CBN Executive Director, is a member of the VACSB. He Chairs the Prevention Services Task Force. Mr. Daniels was elected to the CBN

Board of Directors, Region One. Region One comprises Prince William, Stafford, Fredericksburg, Stafford, Fauquier, Albemarle, and Winchester Counties. CBN hosts four annual conferences in January, June, August and November. More information is at [www.VACSB.ORG](http://www.VACSB.ORG).

**"Simon says. we must build stronger youth so we don't have to rebuild many broken adults"**

# Mentor David Stevenson Longs For The Old Days in GA ...

David is going into his second year as a mentor. David is a retire Colonel (Army) and works as a public school teacher in Fairfax County. He divides his passion between teaching, going to the farm and working with youth. David mentors youth at his school and with ENS. Suffice to say David stays very active.

*Mentor Treats Kids to a day of fishing !!!*



Brandon, Devionne and Robert

## Devon's Corner..



By Devon Bedford, age 9

When my mom first told me about ENS I did not want to go because I did not

know anyone in the group. But I am glad I decided to go because I have a lot of fun and I have made some new friends. ENS teaches me about Christ. I really like the mentors too. They are really nice to me. We have fun going to

the movies and getting ice cream and everything too. I starred in the ENS Black History Month play as Major League Baseball Player Jackie Robinson. At first, I didn't think I was going to be able to memorize all of my lines, but I did and I had fun doing the play. I like to make people laugh and I did when I

played the part as the Real McCoy. I think every kid my age should join ENS. I look forward to coming every other weekend.

*For this Article Devon says, he wants to be a Journalist." Well, this may be his first big break Into the big leagues!!!!*

## Consider Giving Back!!!

**Mentoring is an adventure.. Mentor's even discover themselves!!!**

**Call 703 221-6600 for an interview**

## Thanks, Donors and Sponsors

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#### this past bi-biennial

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- First Mount Zion Baptist Church

## Financial Literacy Empowers Youth

We are excited about sponsoring a series on Banking for youth and parents beginning September 2006. The seminar facilitator will be Mr. Trevor Hamilton, Social Action Committee, PWC Omega Psi Phi, Inc as a community project. The objective and theme of this seminar is— "the importance of financial literacy" for youth at an early age. Speakers for this seminar will include representatives from the bank-

ing Community—careers in banking; Investors— Investing (global market Investments, Inc.); mortgages—credit and lending; and personal saving—the importance of establishing a saving strategy early and the importance of common sense practices in managing a checking & saving accounts.



### Virginia State Employees...

You can donate to ENS Youth Mentoring Through the Commonwealth of Virginia Campaign Affiliation CVC # 3017

**2006-2007  
Training Calendar**

**August 2006**

4th-6th CBN Conference  
7th 7:00pm Summer Focus  
8th Swimming Chinn Center  
14th 7:00pm Summer Focus  
15th 6:30pm Mentor Training  
18th Mentors/Spouses Evening  
21st 7:00pm Summer Focus  
22nd 6:30pm Mentor Training  
28th 7:00pm Summer Closeout

**September 2006**

9th 10am HOB Financial Literacy  
12th 6:30pm Mentor Training  
19th 2:00pm Training  
23rd 11:00am Mentoring Session

**October 2006**

10th 6:30pm Mentor Training

**November 2006**

14th 6:30pm Mentor Training  
21st 6:30pm Training

**December 2006**

12th 6:30pm Mentor Training  
16th 8:30am Christmas Breakfast  
28th Kennedy Center Event

**January 2007**

9th 6:30pm Mentor Training  
23rd 6:30pm Training

**February 2007**

13th 6:30pm Mentor Training  
24th Heritage Celebration Event

**March 2007**

13th 6:30pm Mentor Training  
27th 6:30pm Training  
31st Essay/Oratorical Event

**April 2007**

10th 6:30pm Mentor Training  
13th Gala/Community Awards  
24th 6:30pm Mentor Training

**May 2007**

9th 6:30pm Mentor Training

**June 2007**

3rd Picnic & Close-Out Ceremony

**July—August 2007**

Summer Camp

**DOVES**

- Diversity
- Outreach
- Voice & Point of View
- Economics
- Social & Self Awareness

# Coordinator's Corner



## From the desk of April Barrett.

We are so excited about our new connection to our brothers at ENS. As we progress and become a "center of excellence" for mentoring, we are steady moving forward to gain more ground. Our youth are developing, growing and changing as we work to meet their needs.

We look forward to a rewarding and successful upcoming season. Parents, we just love you and what you do in service and mentoring. Until the next update!! Stay tuned... stay the course and keep the faith...

Sincerely,

April

*Thanks,  
To all of our parents for their passion and their commitment. Our parents willingly team with us and volunteer their time to make the program a success!!*

## Giving Parents Make Community Stronger!!!

We have some awesome parents who support us and parent volunteer. Enough can't be said for Ms. Sheila Small. Among the many things she does, she made sure facilities were available and adequate for our Close

Out Family Picnic at Locust Shade Park. We could not do it without you. She plans and assist us in our fundraising efforts. Sheila has been instrumental in mentoring several youth in the Doves program. She often goes to school to follow-up on some of our Doves that have been dealing with challenges. A list of her efforts continues. She makes sure that we have supplies, and in our planning, she keeps us organized and focused.



### Sheila!

*The entire organization thank you for your devotion in service to our youth and families. We could not do it without you!!!!*

*Thank you so much!!!*

## Picnic & Annual Close Out - Locust Shade Pavilion

This was our first combined annual picnic as a Close Out Ceremony. We combining Bridge Builders (boys) and Doves (girls). **It was a blast!** Many families came out to celebrate at this end of the year event. They supported us by donating side dishes, juices, snacks, etc. We played games, socialized, and some of the youth got a chance to go paddle boating out on the lake. This event was held at Locust Shade Park in Triangle, VA. We held our formal ceremony in the Pavilion. The youth, mentors and staff received well deserved awards, certificates and accolades. Everyone is looking forward to our next years Family Picnic! Yes!!!!

**You Can Make  
A Difference!!**

### Volunteer As A Youth Advisor or Mentor

Consider Donating 1—4 hours a week to some who need and wants your time and wisdom.

Visit our website to sign up!! at <http://www.ens-foa.net>  
or call us at 703 221-6600 ask for Darmel or Hansel

# History Rendition A Hit!!



Aisha Small

Ms Barrett is always ready to display her creative talents. She wrote and choreographed the "Journey Through History" in observance of Black Heritage. The Doves girls along

with the Bridge Builder Boys joined together to put on a production and musical for Black History Month. Ms. April Barrett the Production Director and Coordinator of the Doves program formed together with ENS staff and parents to put on the play. More than 25 children participated in the event. The children were required to memorize scripts and acting

parts to perform in front of an audience of 65. This was the first annual production of it's kind and it was a blast. This program will continue as an annual event every year.



Tatiana Williams



Director, Jarrod

## Try Exhorting Someone Today?

***"Take a minute from your busy schedule and meditate with me over a great spiritual truth. "***

A poet once wrote: "Twice I did well and heard of it never. Once I did wrong and heard of it forever" Sounds familiar? No one seem to notice your good work, but always notice your poor work? No one says "Good job;" but many are quick

to say, "You really goofed up." No compliments, but plenty of criticism? Sounds like the way most folks get treated today. I like what a Christian school principal does. He watches for something good, then calls the child to his office and says, "Well I've finally caught you," then pauses while the child thinks, "Oh no, what have I done?" and then he smiles and says, "doing something good" and he praises the child for what he has done. All of us need en-

couragement. All of us need to feel appreciated. Try this for a week with your child or with those you work with. Find at least two good things to say about a child's work for every one thing you criticize or correct. I guarantee you will see a change in their attitude and actions and a change in your life too.

***"Change the world by sharing positive news.. It lightens everyone day and brightens tomorrow".***

## Dating and the Single Parent

Serious dating is bound to be a problem for any single parent because relationships can lead to marriage or a break up. Either way, it can affect the child at least as much as it affects the parent. For good books and good advice on single parent-



hood, read "The Single Mother's Book," by Joan Anderson (Peachtree, \$15.95), which is one of the first and best books on the subject, and follow it quickly with "The Single Parents Almanac," by Linda Foust (Prima, \$17.95); "Sex and the Single Mom," by Sharon McKenna (Ten Speed

Press, \$14.95); and "Single Mother's by choice," by Jane Mattes, who is executive director of that organization (Three Rivers, \$15). Everyone of these books should be a big help.

Excerpt: The Washington Post

**Our Vision**

**...Is to build better families  
One child,  
One adult and  
One family at  
a time—  
through total mentoring**

**Our Name Has Changed!!**

We are no longer ENS Foundation!!  
We are Ezra Nehemiah Solomon, Inc  
Or just call us ENS, Inc

**Help At-risk Youth**

**Donate your used car to help us promote youth mentoring!**



Your useable car provides you with a **tax deduction** while helping provide **At-risk youth a more promising future.**

ENS, Inc  
www.ens-foa.net

**Family Environment & Child's Well Being**

By action and example, parents shape the lives of children from birth through adulthood. In adolescence, the influence of friends and peers take on greater importance, but research demonstrates the continues significance of parents in shaping the behaviors and choices of teens as they face the challenges of growing up.

A new report, The Family Environment and Adolescent Well-being: Exposure to Positive and Negative Family Influences, by Child Trends and the National Adolescent Health Information Center, highlights both the positive and negative influences on adolescent well-being.

**FACT:** Over three-quarters of all parents report very close relationships with their adolescent children-82 percent for parents of children ages 12 to 14 and 76 percent for parents of children ages 15 to 17.

**FACT:** Yet many 15-year-olds report difficulty talking with their parents about things that bother them, while 42 percent of male and 53 percent of females report difficulties talking to their fathers.

**FACT:** Hispanic parents are less likely than white and black parents to know

who most of their adolescent friends are-66 percent of Hispanic parents, 73 percent of non-Hispanic black parents, and, 88 percent of non-Hispanic white parents know most of the child's friends.

**FACT:** Foreign-born adolescents are more likely than their native-born peers to eat meals with their families six to seven days a week. 62 percent of foreign-born adolescent ate family meals six to seven days a week, verses 40 percent of native-born adolescent with native-born parents.

**FACT:** Adolescents who live with two parents are somewhat more likely than those living with one parent t report that their parents know their whereabouts after school ( 90 percent verses 83 percent)

**FACT:** Adolescents with better educated parents are less likely to be exposed to smoking and heavy drinking by parents. Among parents with at least a Bachelors degree, eight percent smoked, compared with 30 percent among parents of adolescents with less than a high school degree. Eleven percent of fathers with less than a high school degree drank heavily at least once a week, com-

pared with two percent of fathers of fathers who had at least a bachelors degree.

**FACT:** Adolescents whose parents exercise are less likely to be sedentary themselves. Adolescents whose parents reported they had worked out heavily during the last month were more likely to exercise six to seven time per week themselves than adolescents whose parents did not report exercising—28 percent verses 21 percent, respectively.

The family environment can be a strong source of support for developing adolescents, providing close relationships, strong parenting skills, good communication, and modeling positive behaviors. It can also be a problematic environment when these supports are lacking, or when negative adult behaviors like smoking and heavy drinking are present. Where adolescent health is concerned, clearly the family matters, and family matters.

*Source: National Adolescent Health Information Center*

**Business & Contractor Personnel Can Donate thru CFC!!**

Thanks,  
Lonnie Bellamy,  
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**YOU CAN HELP!** Federal Employees... You can donate to ENS through the CFC Campaign. Affiliation # 7150.

## Congratulations, April, Darmel and Hansel—Gets County Awards

On May 8, 2006 more than 200 on lookers were on hand to congratulate the recipients of the Volunteer Service Awards presented by Ms. Mary E. Foley, Executive Director of the Voluntary Action Center. Members of ENS staff; Darmel Williams, April Barrett, and Hansel Taylor we among the recipients of the award. The award recognizes individuals from Prince William County



**Darmel says, God has ordained the work we are doing. The results therefore should be expected”**



Supervisor Nohe and Hansel Taylor

who volunteer their time and talent to support the community through volunteer services. Delegate McQuigg, Supervisors John Jenkins Neabsco District, and Wally Covington Brentsville District were in attendance for the event. Coles District Supervisor Marty Nohe awarded the certificates and took pictures with the recipients. The Volunteer action center presents these awards annually to more than 100 volunteers through out Prince William County. So get busy and volunteer with your favorite charity. It’s a great way to give.

## Food for Thought—A Story of three Boys

Three African American boys, kindergarteners who are largely alike in intelligence, talent, and character, whose potential seems limitless. According to a wealth of statistics and academic studies, in just over a decade one of the boys is likely to be locked up or headed to prison. The second boy ...if he hasn’t already dropped out of high school will seriously weigh leaving and be pointed toward an uncertain future. The

third boy will be speeding toward success by most measures. These are the realities of the world in which we live. These are the realities of the world in which we live. Black families where men are in the home earn salaries that approach those of white families. Yet more than half of the nation’s 5.6 million boys live in fatherless households, 40 percent of which are impoverished. There is a cri-

sis in our communities and we need your help in fixing the problem. You can start today by volunteering a few hours of your time to serve as a mentor.

*Excerpts from The Washington post*

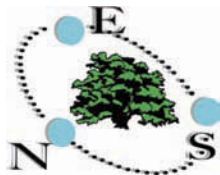
**5.6 million boys live in fatherless households, 40 percent which are impoverished**

## Choice and Consequences .. Just a Factoid

- 1. You can pay now by investing in our youth, or
- 2. You can pay in the future through lost generations to the streets and rising social cost.

**We all have a choice!!**





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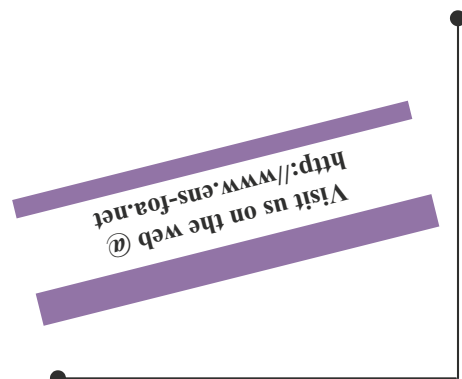
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Donations may be made on our website:  
www.ens-foa.net

### Partner with us!. Your help makes all the difference!

Your donation says I/We support you! Your donation helps us to expand services — strengthening today’s families and future families by mentoring youth — and provide academic guidance for growth as healthy and stable productive citizens — tomorrow’s leader!!

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